

***Living Healthy***  
Chronic Disease Self-Management Program (CDSMP)  
**Frequently Asked Questions**

**Workshop Questions**

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***What is CDSMP?***

A skill-building workshop series that helps people with one or more chronic conditions (e.g., diabetes, chronic pain, hypertension, cancer, arthritis) learn to manage their condition and their life.

***How long is the workshop?***

A workshop includes 6 sessions, each one 2 ½ hours long. Stanford recommends holding only one session a week.

***Where are the workshops held?***

Sessions are held in the community - senior centers, churches, libraries, hospitals.

***Who and how many can attend a workshop series?***

6 to 15 people with one or more chronic conditions can attend. Their care givers are also invited to attend as workshop participants.

***What do the sessions cover?***

- How to deal with problems such as frustration, fatigue, pain and isolation.
- Exercises for maintaining and improving strength, flexibility, & endurance.
- Use of medications.
- Communicating effectively with family, friends, and health professionals.
- Nutrition.
- Evaluating new treatments.

***Are CDSMP workshops successful?***

Yes. The way the program is taught makes it effective. Classes are highly participative, where mutual support and success build participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

***What materials are provided?***

- Healthy Living Resource guide, "*Living a Healthy Life with Chronic Conditions*".
- Audio relaxation tape or CD, "*Time for Healing*".

***Does the Program replace existing programs and treatments?***

CDSMP does not conflict with other programs. It enhances regular treatment and disease-specific education such as *Better Breathers*, cardiac rehabilitation, or diabetes instruction. It is especially helpful for people with many chronic illnesses.

**Program Effectiveness Questions**

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***How was the Program developed?***

The [School of Medicine](#) at [Stanford University](#) received a government research grant to develop a community-based self-management program that assists people with chronic illnesses. Research was completed in 1996.

***How was the Program evaluated?***

Over 1,000 people with heart disease, lung disease, stroke or arthritis participated in a randomized, controlled test of the program, and they were followed for up to 3 years. Changes were looked for in:

- health status
- health care
- self-efficacy
- self-management behaviors

***What were the results?***

Persons in the program compared to those not in the program, showed significant improvements in:

- Exercise
- Cognitive symptom management
- Communication with physicians
- Self-reported general health
- Health distress
- Fatigue
- Disability
- Social/role activities limitations
- Reduced days in the hospital. There were also fewer outpatient visits.

It's estimated that for every \$1 spent on the program, \$10 saved. Results persist up to 3 years.

## **Leader / Master Trainer Questions**

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### ***Who conducts the sessions?***

Workshops are facilitated by 2 trained leaders; at least one has a chronic disease. Leaders have many backgrounds. Workshops are highly effective when facilitated by community members with chronic conditions.

### ***How does one become a CDSMP workshop leader?***

Leaders complete an interactive 4-day training and receive a certificate of completion. Interested community members or health care workers may contact the regional CDSMP coordinator for information on the next leader training.

### ***Is there a charge to attend the CDSMP leader training?***

There is no charge to attend the training; leaders are asked to co-lead at least 1 workshop in the next 12 months. Lunch, snacks and supplies are provided.

### ***Are CDSMP leaders paid?***

Leaders are offered a stipend of at least \$10 per session (\$60 for a 6 session series); mileage is reimbursed upon request.

### ***Who trains leaders?***

Leaders are trained by Master Trainers who have completed a 4-day training and co-lead at least 2 CDSMP workshop series.

### ***Why choose to become a Master Trainer?***

Master trainers :

- Lead CDSMP workshops
- Train others to lead workshops.
- Support program sustainability.

Each region offering the workshop will need to access at least 2 Master Trainers in order to periodically offer CDSMP leader training.

